

The Professional Trader's Pre-Trade Checklist

A disciplined process is the bridge between your strategy and consistent results. Use this checklist before every single trade to ensure you are operating at your peak professional level.

Phase 1: Market & Strategy Analysis

Is this trade aligned with my overall plan?

#	Check Point	Status
1.1	Market Context: What is the broader market trend (e.g., Bullish, Bearish, Sideways)? Does my trade align with it or counter it?	<input type="checkbox"/>
1.2	Trading Plan Signal: Does this setup meet ALL the criteria of my pre-defined trading strategy? (List 1-3 of your key criteria below)	<input type="checkbox"/>
	a) (e.g., Price above 50-day MA) _____	
	b) (e.g., RSI below 30) _____	
	c) (e.g., Bullish divergence) _____	
1.3	News & Events: Have I checked the economic calendar for any high-impact news releases (e.g., FOMC, CPI, Earnings Reports) that could affect this trade?	<input type="checkbox"/>

Phase 2: Trade Execution Parameters

Have I defined my risk and reward with absolute clarity?

#	Check Point	Status
2.1	Entry Price: My planned entry price is clearly defined at: \$ _____	<input type="checkbox"/>
2.2	Stop Loss Price: My stop loss is placed at a logical level (e.g., below support/above resistance), not an arbitrary one. Price: \$ _____	<input type="checkbox"/>
2.3	Take Profit Target(s): I have at least one clear profit target. Target 1: \$ _____	<input type="checkbox"/>
2.4	Risk/Reward Ratio: Is my potential reward at least 1.5 times my potential risk? (Calculated R:R = ____ : 1)	<input type="checkbox"/>

Phase 3: Risk & Position Management

This is the most critical step. Do not proceed without completing it.

#	Check Point	Status
3.1	Account Risk: I will risk no more than ____% of my total account balance on this single trade.	<input type="checkbox"/>
3.2	Position Size Calculation: I have used a calculator to determine my exact position size based on the parameters above. My correct position size is: _____ (Shares/Contracts/Units)	<input type="checkbox"/> (MANDATORY CHECK)
3.3	Final Sanity Check: If this trade hits my stop loss, the total dollar amount I will lose is approximately \$ _____. Am I 100% comfortable with losing this amount?	<input type="checkbox"/>

Phase 4: Psychological Readiness

Is my mind as prepared as my plan?

#	Check Point	Status
4.1	Emotional State: I am calm, focused, and not trading out of boredom, greed, fear, or a desire to "win back" previous losses (revenge trading).	<input type="checkbox"/>
4.2	Acceptance of Outcome: I fully accept that this trade could be a loser, even if the setup is perfect. Trading is a game of probabilities, not certainties.	<input type="checkbox"/>

"The best traders have no ego. You have to swallow your pride and get out of the losers."

- Paul Tudor Jones

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